

Citrus Salmon Fillets

Yield: 4 servings

Ingredients

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| 4 Salmon fillets, blot dry | 1 Red onion, chopped |
| 2 tablespoons Olive oil | 1 cup Baby carrots (or sweet potato) |
| ¼ cup Parsley, chopped | 1 cup Orange juice, divided |
| 1 tablespoon Honey | Salt and pepper to taste |
| 1 Orange, cut into wedges (or lemon, optional) | |

Directions

1. Preheat oven to 400 degrees F.
2. In skillet, heat olive oil on medium high heat.
3. Add onion, carrots, parsley, and half of orange juice; cook 5-8 minutes.
4. In a small bowl, mix remaining orange juice and honey.
5. In center of skillet, add salmon fillets; season with salt and pepper.
6. Pour orange honey mixture over top.
7. Bake entire skillet in oven 16-18 minutes or until fish is flaky.

Nutrition Facts per serving

290 calories, 12 g fat, 50 mg cholesterol, 105 mg sodium, 21 g carbohydrates, 1 g fiber, 25 g protein

